

## **BABYSITTING SAFETY CHECKLIST**

Address and phone: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Where parents will be: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Emergency neighbor contact: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Child(ren)'s doctor and phone: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Medications: \_\_\_\_\_

\_\_\_\_\_  
Night light? \_\_\_\_\_

Special instructions or routines to follow: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## **EMERGENCY INFORMATION**

Police: \_\_\_\_\_

Fire Department: \_\_\_\_\_

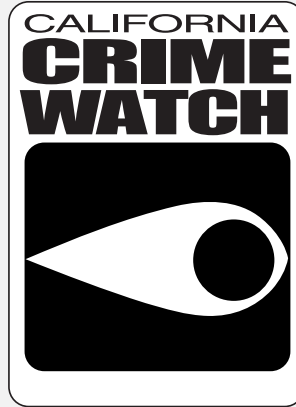
Rescue Squad: \_\_\_\_\_

Poison Control Center: \_\_\_\_\_

This checklist may be photocopied, or pads can be made by a printer for minimal cost.

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Courtesy of

Office of Criminal Justice Planning  
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For more information on this program in your  
community, contact:

STATE OF CALIFORNIA  
GRAY DAVIS  
GOVERNOR



## **BABYSITTING? HERE ARE SOME SAFETY TIPS**



**OFFICE OF CRIMINAL JUSTICE PLANNING**



STATE OF CALIFORNIA  
GRAY DAVIS  
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## **BEFORE YOU TAKE A BABYSITTING JOB, CONSIDER THESE SAFETY TIPS**

Baby-sit for people either you or your parents know. Answering newspaper ads may not be safe. Once you get a babysitting job, take these precautions:

- Find out what time your employers expect to return home. Be sure they know how much you charge and when you must be home.
- Leave the name, address and telephone number of where you'll be babysitting with your parents, and tell them what time your employers expect to be home.

## **BEFORE YOUR EMPLOYERS LEAVE, BE SURE TO ...**

- Have them complete the form on the back of this brochure. Do this for every job you take. Try to do this over the phone before you take the job.
- Have your employers do a safety check with you throughout their house. Find out if their home has emergency exits, a smoke alarm or a fire extinguisher.
- Know how to work the door and window locks in the home and use them. Leave at least one outside-light on.

- If the telephone rings while you're baby sitting, don't tell the caller that you're alone. Say you're visiting and the residents can't come to the telephone, but you'll give them a message. If the caller persists or gets rude, just hang up.
- Don't open the door to strangers and don't tell anyone who comes to the door that you are alone. Again, say you're visiting and will take a message.
- If you have the children out in the back yard during the day, make sure that the front door is locked, and vice versa.
- If you take the children to the park or anywhere else, make sure you have the house key with you when you leave. Double check that all doors and windows are locked before leaving.
- Have the children go to the bathroom before you leave so you can avoid using public rest rooms.
- Don't talk to strangers when you are out with the children. If you suspect that you are being followed at any time, go to a nearby home, store or gas station and call the police.
- When you return to the children's home, if anything seems unusual—a broken window, an open door, a strange car parked outside—don't go in. Go to a neighbor's house and call the police. If at any time while you're babysitting and you are uneasy or suspicious about anything, don't hesitate to call the police.

## **WHAT TO DO IN AN EMERGENCY**

- If you suspect a fire, get the children and yourself outside. Go to a neighbor's house and call the fire department. If you've been able to take your safety checklist with you, call your employer and let them know where you and the children are.
- In any emergency, stay calm. Remember young children won't panic if you don't.

## **WHAT TO DO WHEN THE JOB IS OVER**

- When your employers return home, report on what happened, especially if you considered anything unusual.
- Call home and let someone know your on your way.
- Be sure you have an escort home. This should be one of the conditions under which you accept any babysitting job.
- If, for some reason, your employers won't drive or walk you home, or if they seem intoxicated, call someone at your home to get you.

